

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables, Percent			
	0 ¹	1-2	3-4	5+
Total	8	29	39	24
Gender				
Males	7	30	39	24
Females	8	28	39	24
Ethnicity				
White	6	37	37	20
African American	7	20	34	39
Latino	10	22	41	27
Asian/Other	3	35	42	19
Income				
≤\$19,999	8	11	52	29
\$20,000 - \$49,999	8	26	35	30
≥\$50,000	7	36	39	19
Federal Poverty Level				
≤ 185%	10	20	38	31
> 185%	6	34	40	20
Food Stamps				
Yes	Insufficient sample size for analysis			
No				
Overweight Status				
Not at Risk	8	33	39	21
At Risk/Overweight	6	25	40	29
Physical Activity				
≥60 minutes	8	28	38	27
<60 minutes	7	31	41	20
School Breakfast				
Yes	4	20	38	38
No	8	31	39	21
School Lunch				
Yes	8	27	40	25
No	8	32	38	22
Nutrition Lesson				
Yes	9	30	39	23
No	6	29	40	25
Exercise Lesson				
Yes	10	27	40	23
No	3	34	38	26

¹ Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001